



# Rosemore

## REVIEW



ISSUE 05 • MARCH 2022

### IMPORTANT DATES

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**March 1 & 3:** Parent-Teacher Conferences 4:00pm-7:30pm

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**March 4:** NO SCHOOL

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**March 11:** End of 3rd Quarter

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**March 18:** Report Cards & IEP Progress Reports Mailed

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*Dream  
Big  
Work  
HARD*



# MARCH'S CHARACTER TRAIT

## Teamwork

**TEAMWORK** means to work as a T.E.A.M... Together, Everyone Achieves More!  
Good team members are respectful, encouraging, communicative, supportive, accountable, positive, and leaders to others around them.

**CONGRATULATIONS TO THE STUDENTS WHO WERE RECOGNIZED FOR SHOWING JANUARY'S CHARACTER TRAIT OF FAIRNESS! WE LOOK FORWARD TO CELEBRATING STUDENTS WHO EXEMPLIFIED KINDNESS IN FEBRUARY SOON!**



## ATHLETICS



**GO RAMS!**



*Meade  
Bakeye*

*Congratulations,*  
**HAMDE  
BAKEYE!**



Hamde will be going to states for wrestling  
March 18-20.

We wish him the best of luck and are  
honored to have him represent RMS!



## SPRING SPORTS ARE HERE!



Conditioning and tryouts for softball, baseball, and track are taking place at the beginning of this month.  
Sending our student athletes best wishes for a strong start to the season!



# IN THE Spotlight



## Welcome to the Health Lab!

Rosemore's most recent and exciting addition is our new HEALTH LAB! **Helping Each Student Acquire Life Skills Through Holistic Health** is the name and mission of this innovative space in room 139. When students are showing signs of escalation or dysregulation in class, the Health Lab is there to provide interventions that address the issue from its roots - starting with the opportunity for students to calm their minds.

By learning coping skills using multiple intelligences, practicing skills that lead to coherence, and using sensory items for regulation, the Health Lab provides a trauma-informed, research-based approach that allows students the opportunity to take responsibility and use autonomy to calm and regulate their minds. The Health Lab has already made such a positive impact on our students and school climate!

## Time for Testing! A Note from Ms. Rankin

Hello Parents! Below are some great suggestions to prepare your students for taking the upcoming state tests.

### Have a Positive Attitude

Approach the big test as you'd approach a giant jigsaw puzzle. It might be tough, but you can do it! A positive attitude goes a long way toward success.

### The Night Before

The night before the test you should do a quick review and get to bed early. Remember, your brain and body need sleep to function well, so don't stay up late!

### The Morning of the Test

Did you know that you think better when you have a full stomach? So don't skip breakfast the morning of the test. Get to school on time and do a ten-minute power study right before the test, so your brain is turned on and tuned up.

### Test Time

Before the test begins, make sure you have everything you'll need - scratch paper, extra pencils, your calculator (if you're allowed to use it). Understand how the test is scored: Do you lose points for incorrect answers? Or is it better to make guesses when you're not sure of the answer? Read the instructions! You want to make sure you are marking answers correctly.

### Manage Your Time

Scan through the test quickly before starting. Answering the easy questions first can be a time saver and a confidence builder. Plus, it saves more time in the end for you to focus on the hard stuff.

### I'm Stuck!

Those tricky problems can knock you off balance. Don't get worried or frustrated. Reread the question to make sure you understand it, and then try to solve it the best way you know how. If you're still stuck, circle it and move on. You can come back to it later. What if you have no idea about the answer? Review your options and make the best guess you can.

### Multiple-Choice Questions

The process of elimination can help you choose the correct answer in a multiple-choice question. Start by crossing off the answers that couldn't be right. Then spend your time focusing on the possible correct choices before selecting your answer.

### I'm Done!

Not so fast - when you complete the last item on the test, remember that you're not done yet. First, check the clock and go back to review your answers, making sure that you didn't make any careless mistakes (such as putting the right answer in the wrong place or skipping a question). Spend the last remaining minutes going over the hardest problems before you turn in your test.

**Follow these test tips, and you'll know you did your best - congratulations! Time to show what you know! I believe in YOU! Let's dream BIG and achieve BIG (TeacherVision Staff, 2022)! -Mrs. Rankin**



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